



Waquoit Bay National Estuarine Research Reserve Department of Conservation and Recreation

SUMMER 2021 PROGRAMS

All programs are free and open to the public. An adult must accompany children. Reasonable accommodations available upon request. Inclement weather may cancel. For more information or to confirm call (508) 457-0495. **Please note:** The Waquoit Bay Visitor Center is currently closed for construction, however you are welcome to enjoy the grounds and trails.

**July 11 thru
August 31**

POP-UP PROGRAMS, Reserve Grounds & South Cape Beach State Park

Look for signs at the kiosk at each location that lets you know when and where the Interpreter will be holding a 10-15 minute pop-up program. For all ages.

**July 11 thru
August 31**

Self Guided StoryWalk®, 9:00 am—5:00 pm, Waquoit Bay Reserve Visitor Center

Enjoy a picture book story while walking the nature trail down to the bay. For all ages.

Mondays

DOG-WALKING CLUB, 9:00-10:00 am, Quashnet River Trail, Martin Road, East Falmouth (off Rt. 28).

**July 19 & 26
August 2 & 9**

Join a Park Interpreter for an easy hike for you and your furry friend. Try out some new trails, meet other walkers while exercising your pets and learn about what makes the Cape so great. Be sure to bring a leash, water, and any other materials needed to keep your buddy happy. For adults.

Wednesdays

FOREST BATHING MEDITATION WALK, 9:00-10:00 am, Visitor Center

**July 21 & 28
August 4 & 11**

Take part in a Japanese meditation walk connecting the mind, body, and spirit to nature by engaging our senses. This walk will immerse you in nature and give you a sense of connection to yourself and the world around you. For ages 13+ years.

Saturdays

LET'S GO N'SEINE, 11:00am-12:00 pm, Visitor Center

**July 24 & 31
August 7**

Join us on the shore of Waquoit Bay as we use a big net to see who lives in the bay. Please wear shoes that can get wet. Start at the kiosk and follow the signs to find us at the bay. All ages.

Sundays

SHORELINE SURVIVORS WALK, 8:00-9:30 am, Bayberry Parking Lot at South Cape Beach, 669 Great Oak Road, Mashpee

**July 18 & 25
August 1 & 8**

Discover the rare shorebirds that nest in the sand along our busy coastal areas. These fragile species fight to survive in this unique habitat that is so popular with people and other wildlife. Be sure to bring water, hat, sun glasses, and sun screen. Be prepared for a moderate walk over uneven and sandy terrain. For ages 12+ years.

Waquoit Bay National Estuarine Research Reserve

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coming events